

# Sacred Sounds – Part II

A Commentary

by Lama Sing™ & Al Miner

General Research Reading: Miscellaneous

Given September 24, 1997.

KENDALL:

*We ask special love, guidance and protection to be placed upon the Channel and all those who serve on your planes and these and to all of mankind. We ask for protection, guidance and harmony to be with the grouping of entities gathered here in this room, both physically and non-physical, that they may bring forth the highest and best through this Channel for the enlightenment of themselves and all of mankind. We thank You so much for the opportunity of joyous service in the name of The Christ. Amen.*



LAMA SING: Yes, we have the Channel then and are prepared here for your works.

KENDALL: Thank you for coming forth, Lama Sing. This is September the 24th, 1997, and this reading is Code Number 775. The topic is Sacred Sounds #2.

LAMA SING: Very well. As we commence, we shall first pray in this manner.

*Lord God, we come before Thee in humbleness, claiming our right of heritage, and offering same unto those whom Thou sendeth to us and are in need. We pray further that You would grant us the presence of the Master, The Christ, so as to impart His healing grace, love, compassion and wisdom unto each and every entity present in this gathering physically and beyond, and to all of those whom shall follow. We offer this prayer, as well, on behalf of all those souls in all realms who are presently in some need and for whom there are none in joyful prayer. With humbleness and great joy for this continued opportunity of service in Thy name, we thank Thee, Father. Amen.*

We are prepared for your questions.

KENDALL: Lama Sing, this afternoon we met together, as I'm sure you are aware, and one of the things that happened was that Dianne attuned to me, my wife Nancy, and Rick, and gave us individual mantras. We're wondering if you would comment on that process, giving any pointers and any things that we should be aware of, and help us with anything that we are not knowledgeable enough to ask.

LAMA SING: Very well. The comments here are, in essence, very few. The reason: a work well done. Therefore, to comment in great detail would seem to imply to you that the work was not well done, and we find, quite to the contrary, this was, exceptionally so, well done.

To comment in regard to the Channel's question, which he reminded you of, we shall offer the following. The essence of the guidance given in that work by you, entity Dianne, is both an inner and an outer guidance, in the sense that, as you strive to continue to do these works for others, you will not only be assisted by certain entities, or souls, if you will, who are already aligned with you as guides or such, but others who are prepared to come forth as you claim greater and greater acceptance of this as a life's work. Potentially, at least. And the same is true for your mate, as we have encouraged in past, that you consider this as a mutual work for the obvious benefits of the fact that you are mated, after all. True?

DIANNE: Yes. (chuckling)

LAMA SING: And the energy balance and the mutual journeys you have made, both separately and joining in other realms, and together and joining in other realms... this has formed a bond of light that is visible here, which we have commented on in past, and which good workers look for and evaluate according to their own desire of service. Hence, you have gathered several entities of noteworthy capability who are prepared to walk with you insofar as you choose this as a part of your life's joy. And only choose it if it is joyful.

The golden color in the first instance was indicative of more so the unification of self and the higher consciousness. Thus, the mantra and the golden light were simultaneously given and appearing in that order.

In the second, the guidance came to strengthen you because of the distance and other factors, and so, hence, this was seen as different than the first.

In the third, this supports our comments. The golden lights or spheres which the Channel has asked you to question are indicators of the multiple entities offering their light to you, their guidance. Thus, the Channel perceived these in the auric fields or energy fields as spheres of golden light. Had he worked a bit more, he could have perceived them even more so as connected to those who offered them. But we hasten to add, that's not a criticism of the Channel in that regard.

The attunement in the first instance was first resonated in the body and the chakras or energy fields. Both in the physical, the neurological, and also in the outer bodies, etheric and chakridic fields, as we would call them, whether it's a valid word or nay.

The substance of the energy centers unifies, forms a shaft of light, which rises upward and connects with the higher consciousness. Thus, this formed the crown chakra,

as called, and hence, the Channel perceived the golden light instantaneously with your giving of the mantra. So, again, we could only offer here, “well done”. Consistency of working in this regard will give even more confidence and will gain you, surprisingly, more allies in these realms. They await you and your decision, and others like you. And of course, your mate’s. Do you wish to work together in this?

DIANNE: Yes.

RICK: I do, yes.

LAMA SING: Very well. They ask this, so that your permission and your affirmation of that conforms to Universal Law. So then, can we conclude that as a mutual work you could both be served from these realms?

DIANNE: Yes...

RICK: Yes, thank you.

DIANNE: Yes, please.

LAMA SING: Then permission has been given and received, so let it be. Questions, please.

RICK: I would be curious, as my participation in a male body...you mentioned last night about Dianne being in a female, how that enhanced her intuition and receptiveness. Being in a male body, I wonder if my participation is a little bit different.

LAMA SING: It is always a good caution not to presume that because this is given in this regard, that the other, therefore, must be true. That does not always follow. The male body is, of its natural nature, in possession of unique qualities, just so as the feminine body, as we elucidated earlier, has unique qualities. This makes for her receptiveness to come, we might call it, naturally, easily flowing. This does not mean that you do not have it. Yours comes and is recognized in a different way, in the different polarity. You will find instances very well, such as this, where the two of you might confer, offering the ying and yang, or yin-yang, howsoever you wish it, and consulting, and, as you did in your third work this day, you might formulate together a mantra of great power, because it possesses both polarities. But we know that that might seem confusing, or you may be questioning it even as we speak, “how is this done?”

First, work, each of you, individually. And look for these sacred sounds as you feel them. Your male energy gives you great power and will lead you easily, entity Rick, to what could be called authoritative or power energies. Sacred sounds of power, of authority. These are the ones we spoke of previously, where elements were commanded. See?

KENDALL: Lama Sing, I believe Rick had a question about mantras for the various chakras. Did you want to...weren't you going to ask a question about that?

RICK: I...

KENDALL: Maybe not. I may be wrong. Let me ask the question, I'll ask it myself. Lama Sing, are there certain sounds specific to the charkas...each one?

LAMA SING: Yes, we find in studying this that each chakra would have a unique sound or tonal resonance. However, this could not be defined here as constant or universal. Generalities would be very misleading here. Reason: Look at the obvious. The chakra is an indication in the normal consciousness of the entity in the Earth of the condition of

the body, is it not? In other words, there is a correlation between the glandular and the chakras. Meditation and mantra, intonation and such, are intended to neutralize this. So, if we comprehend your question from the standpoint of looking at chakras and determining their tone and looking for consistency, this might be difficult. See?

KENDALL: Okay. Meaning that each individual is unique, and so each sound of the chakras are unique and their own personal balancing mantrum would be unique?

LAMA SING: Yes, and this is the purpose of the potential work before the entities Rick and Dianne and others like them. To assess this, to feel this, and to know where upon the spiritual path the subject is, and to offer the spiritual sacred sound in the knowledge that, as the spirit is healed and the mind and consciousness affirms through the use of the mantra, the healing, therefore, is established at the cause, as opposed to treating the result. See? Clear, then?

KENDALL: Yes, I believe so. Do you have any other instructions for Rick and Dianne, if I might ask, for them working together?

LAMA SING: They already have a good bond and have a good exchange of their own personal energies and strive to, as we see it, fulfill one another. These are good basic qualities, foundational, if you will. The suggestion here would be for the work to be approached lightly, not heavily, not as a burden, not as a mandate from God or we or any other such servants. Approach it with joy and lightness, as a true adventure into consciousness. For in the process of exploring this as a potential, if you will, (in quotes) “tool of service”, you must thereafter also advance your own consciousness, wherefrom, ultimately, with no reservation, all things would be possible to you. See? The Master used tones. He loved them. He used colors. He loved them. He used laughter. He loved to laugh. He loved His companions, and they loved Him. If you, Rick, and you, entity Dianne, continue to love each other, how can the product of your mutual work be less than that? This was and is the Master’s message, and even to you, entity Jochen, even in this moment. See?

Ready for questions.

KENDALL: It sounds as if Rick and Dianne will have a number of new guides. Would these entities fall into that category? Or are they called in for a special work?

LAMA SING: We are told to suggest to them, never limit yourself. This is what you are doing, is learning to un-limit yourself. You have learned many things; they have served you well. They have been as the seven golden steps to the kingdom of our Father, but each is unique. Each chakra, each entity, each energy, carries an essence of uniqueness. And so will you be brought the uniqueness of the need or work before you. Who shall bring this? Perhaps The Christ. Perhaps Buddha. Perhaps John. Perhaps any one of those who is privileged to serve with you. You will keep certain entities who have pledged to walk with you in this life. Others will come and go. Some will overlight you. And as you give the mantra, they will give their energy which is healing in nature. Others will come who will give inspiration. As you give the mantra, the inspiration will be given. And so on and so forth.

And note this: Nothing is immutable. See? All things are in a state of growth and change. Do not in the future question yourselves if you have given a certain mantra this

day, and the next day the mantra you are guided to is different, for it can work that quickly, that one step has been achieved and now a new tone is in order. Or a lesser tone. Regression is possible. Not in the literal sense, but by the illusion of the entity. See?

KENDALL: Thank you for that. Lama Sing, you brought up tonight again the use of sound for influencing the elements. Would you like to elaborate upon that? Would you like to give us some examples, please?

LAMA SING: We have referred to the harmonics of the energies of the Earth and the energies of the spirit of nature itself, if you will, which is as to say the spirit of God. Nature rides upon the back of the crest of God's creative thought, which is ever-unfolding, ever-expanding, and omnipotent. And so it is that as the perceiver who grows and gains through the application and resonance with the sacred sound must reach, ultimately, that which is considered sacred in the Earth, the sound of nature. In so doing, there will come a time of transition, and the perceiver and nature will form a bond. If you will, a many-faceted bridge of light. And that bridge of light will love the master who has discovered it, and of course, the master who has discovered same will love in return.

Therefore, according to the guidance to that master, there would be given, of course, the right to command the elements, as some of this is recorded in your sacred writings. That simple. See?

KENDALL: Thank you. Lama Sing, recently we, Ann and Nancy and I and maybe some others, experimented with using our own names as mantras. Do you have any comment on that exercise?

LAMA SING: A moment, please. Very well, we have discussed this here. In the commentary which we were given, the following might be pertinent to you.

As you focus upon the individuality of self, the unique beauty and pristine nature of your soul's moment of creation, you can transcend the illusion of distance and time. You can eliminate the shrouds of doubt or debt or (and that's both ways, see? to you and from you, see?) and all the other, so that the resonance of the moment of your creation, which is your purest self, and the current focus of you within you, are united. This would be a primal or primary use of the name. So, the name could be thought of as, on occasion, a good thing to intone now and then. Perhaps quarterly, at the changes of season or some such. Just to realign self a bit. A sort of a tonic, if you will, in the spiritual sense.

Using this for true spiritual growth may, however, be...and in spite of the seeming conflicting, almost paradoxical statement here...the true spiritual growth would be limited by using the name. The name as a mantra is good for centering self, aligning self. We think that's clear. But other mantras as such adepts or chelas or ascending (not ascended, see?) masters might give to you would be for the universal spiritual growth, which must have resonance with other aspects of creation, and ultimately be able to resonate with all of existence. For if it cannot, then how can it be one with God? For God must resonate, true? with all of existence, for it is God upon which existence dwells. See? Lots to think about. Chew on that, see? (Group laughter)

KENDALL: There's a lot here. Lama Sing, there's a technique called toning that I can't say that I understand well, and I have the feeling that you will say, "Of course, this is good," but it sounds as if it's like our guided movement that we did at the Voyager

Gathering, but you do it verbally. You just allow sounds to come out of you in terms of whatever you feel guided to make. Would you comment on this exercise, please?

LAMA SING: You are correct, we would say this is good. (Group laughter)

KENDALL: Do you have any other comments?

LAMA SING: Well, one can become so diffused in their focus so as to lose sight of their most precious potential. So, in that vein, we would not encourage adepts such as the entities Rick and Dianne to deviate from their chosen path...with the footnote here, as long as that path brings them joy in the doing of same.

Toning has the capacity, more so on the physical level, not to indicate here that spiritual impact, etheric, mental, emotional energies are not affected, for that would be misleading. But this is more so in the Earth, even though not of it, in the Earth, but not of the true spiritual journey that is in the other areas we have discussed. Tell us if this is understood.

KENDALL: It's a surprising comment to me. I would...trying to feel for this answer...is it the toning is not focused enough, does not have intent?

LAMA SING: We can only give you what is given here, and that was given. Toning is of the Earth. Toning is not in existence in these realms. Toning can, of course, project itself and, of course, you can follow the toning just as though you follow a mantra, but we are clearly shown here that the two are distinctly different. Give us your tone. Give us your toning as an example, Kendall.

KENDALL: Ooh ... I would have to make up something. I would have to ad lib it. It would be...(toning several notes)...something like that.

LAMA SING: Is this a similarity to sacred chant?

KENDALL: I don't know. To me it was an opening exercise, a freeing exercise, one to help one release self. And that's why I asked about it.

LAMA SING: That does not fall categorically into toning as we have it here. Toning, as we have it defined here, is the creation of sound for the purpose of specific works, but primarily those which are relevant to healing. They are used as techniques in very specific ways, in numerous modalities, countries, and et cetera, for the purpose of directing energy. To wit, our comment that this is more so an Earthly activity.

Toning, as we have it defined here (and we have several who have come forward to indicate to you its use and application) is like the surgeon's knife. It is like the device you use to irradiate the body. If you find a cancerous condition in a kidney or a liver, you would tone it out. You would direct the tone as an energy, as a spiritual force in the Earth, see?...not beyond, but in the Earth...and the energy to that dis-ease, using the sound and the directive thought and the power of spirit to dissipate it. See?

To answer a question which is unspoken, yes, Jesus used this.

KENDALL: So, in terms of spiritual growth, it is limited, though. But in terms of being a tool for use in the Earth, it's another tool. Is that correct?

LAMA SING: That is correct.

KENDALL: Okay. Thank you.

LAMA SING: Your vocal demonstration is defined here categorically as a chant. In fact, a medicinal chant, so we are told.

KENDALL: That's interesting. (Group laughter)

RICK: American Indian?

LAMA SING: Correct.

KENDALL: Yes, that's what it felt like.

DIANNE: Yeah, and sounded like, too.

ANN: Let me ask something. One way that tone is frequently used across all cultures is soothing infants and young children, and I was wondering if you have any comments on how to do this in the most opening and efficacious way.

LAMA SING: The most efficacious way is to secure the entities Rick and Dianne (group laughter) to give you...listen carefully now; humor is good, but this is serious... given with a note of loving humor. (Group laughter) We meant that as humor, see? (Chuckling) But it is a bit serious.

The child coming into the Earth comes in on a ray. This, you know. It also comes in on a mantra. Think about it. The astrological alignment...why would such preparation and care be given in the one magnetic field alignment? Why would there be given care to align with certain bands or rays, if not to include the most sacred of all, their mantra? Do not limit yourselves. Neither bind yourselves to some rote or dogma, but be free.

So, even though, entity Ann, we have given you a specific answer, perhaps different than you anticipated, the sound ranging that you do as you sing or...how do you call this...do your chant to the infants, is good. But if you want the best, get an adept or an ascending master to sense, to detect, the infant's mantra. Then those who tend that infant can intone this and give it to the infant.

What will be the result? A centering, a focus. Some infants are lost upon entry. They cannot balance with the energies of the Earth for reasons which are not the topic here and are very complex. But suffice to state, every entity has a mantra, has a sacred sound. And this varies and grows, but there is a base line mantra that is uniquely they. It is the same tonal patterns or similar tonal patterns to their spiritual name. At birth and at departure, called death, this is the primary mantra. See?

KENDALL: Lama Sing, would it help if we learned our spiritual names?

LAMA SING: This would help, yes.

KENDALL: Would Rick and Dianne be able to attune to people and help give them their spiritual names?

LAMA SING: A moment, please. We have no one here who knows the answer to that at the moment. The spiritual name is the name which The Christ would call you. The spiritual name is the name so as God has given to you, which is your uniqueness. We cannot give it from here. We have no authority to give same. We do not perceive an entity in the Earth at this moment who is giving the spiritual name. A master can give the spiritual name. If the entities Rick and Dianne can attain the height that we have spoken of, perhaps it is possible. There is much that can be accomplished through the use of the vibrational patterns and energy displays, we might call them, which are invoked, if you will, through the use of such techniques as they are contemplating. Forgive us, this is all we have.

KENDALL: Thank you.

JOCHEN: May I ask a question here? Like the names from our first appearance in the Earth, like our first lifetime in the Earth in the old Atlantean times...would that sort of relate to our spiritual name, the name that we had then?

LAMA SING: Yes, certainly you may ask a question...to answer your first question.

JOCHEN: Thank you.

LAMA SING: And secondly, it would be quite close in many respects to your spiritual name, but we are told here that it probably would not be specifically your true and complete spiritual name. Are you wondering why? If you are, the answer is because the spiritual name is so sacred, so holy, that its purity and preservation is...well, in itself, sacred. It is like the sacred names of God. It is between you and God, until such a time as you choose a soul mate or soul mates, plural, with which to become complete and at-one with. Then, of course, you would each know each other by that spiritual name. See?

JOCHEN: Yes.

LAMA SING: It is very powerful. It is said here by some that if you know your spiritual name and you call it out, nothing is impossible for you in that moment which follows. See? Water to wine, rock to dust, water to part, anything.

KENDALL: Lama Sing, could you elaborate on having a mate and knowing the mate by that name? Once again, I, as half of a partnership, am able to perceive my mate more clearly, and she is able to perceive me more clearly?

LAMA SING: Were you meaning soul mate or mate?

KENDALL: I don't know. I had in mind my wife, but soul mate sounds like it's more in the right direction.

LAMA SING: Well, the differentiation here is profound. You may have had many different mates...

KENDALL: Right.

LAMA SING: ...in a series of incarnations. And of course, vice-versa for your current mate. So, this would not apply in the way we have just defined the soul mate. The soul mate is the emergence of the highest potential of two or more entities to reach, we could call it, their most receptive state, their most pure and ready to be complete state. At least, from certain perspectives. Then, when the counterpart, the balancing, so to say, aspect of that is encountered, well, the completion is possible then, see? In the Earth, the mate system is not of such a nature.

KENDALL: Do we only meet our spiritual mate when we die? I have seen a vision in dreams of a woman who is very beautiful, that you have mentioned that you know. Is she my soul mate?

LAMA SING: We would caution you that you are drifting from the topic.

KENDALL: Sorry.

LAMA SING: Is that your intent?

KENDALL: No, not really.

LAMA SING: Well, the matter is of no concern to we here, but to answer your question, it is possible for souls to have more than one mate. The connotation of "mate" is an Earthly term. See? "Soul" is eternal. Mating means the coming together, does it not?

And it's the coming together of souls. Hence, the term "soul mate". And not necessarily singular. See? But often, it begins singularly. The junctive can occur in the Earth, in which case you would meet your soul mate in the Earth, and life would be as a celestial fireworks for both. See?

KENDALL: Is that in a positive sense or in a negative sense? (Group laughter)

LAMA SING: Well, it would be positive if you are reaching completion. If you come together too soon, it could well be negative.

KENDALL: Ah-ha. Thank you.

LAMA SING: See?

KENDALL: Lama Sing, you've mentioned enlightening mantras yesterday. Could you give us an example of an enlightening mantra?

LAMA SING: Very well. An enlightening mantra is one which begins, as the entities Rick and Dianne would know, somewhere about the heart center or higher, in terms of tone vibrations. It would not necessarily, and probably most often not, include the lower centers (the first three, possibly four) but would begin at the heart and move upwards. See? Most often. There are occasions where you can perceive a tone which resonates in the center of the sight, the perceptiveness of self, which is called also the third eye, and rises to and reciprocates to and from the crown chakra. These would be enlightening applications of the mantra. See?

KENDALL: Do you mean attune to that energy reciprocating, and listen to its sound, tuning into it?

LAMA SING: Well, what we intended here is slightly different than your comment, but your comment is valid, nonetheless. Our intent was that you would commence at the third eye, see? the center of sight, and that would be your tone. You would have to ask the entities Rick and Dianne what the tone or what the sound sequence would be for that in the Earth. We could not truly replicate it from here because our creation of sound from here would not be vocal. Thus, you wouldn't hear it.

JOCHEN: One moment, please. (End of side one)

LAMA SING: So, the question is, perhaps, explained, or an answer is offered better in this way. Remember, we spoke about different tonal patterns and sequencing and such. If you begin with the base chakra...and ignore our reference to the first note "E", the whole note "E", ignore that. And allow yourself to range, we might call it. For the sojourners, Rick and Dianne, this would mean to allow themselves to open and audibly produce a mantra. Then, let us say Dianne has commenced. Then Rick would respond. Hers would be open and receiving; his would be forthgoing and would be authoritative. In this way, they would build to a resonance which forms a completeness.

The counterpoint to this would be the sound which is used to open the third eye. As the third eye or the center of sight is opened, there is an immediate sympathetic reaction at the crown chakra. This always happens. It's almost impossible not to happen. Very well. We have an Elder here who urges us not to use that absolute term...always. (Group laughter) Well, it happens quite a bit. See? (Group laughter)

And in the practice of opening the one, you stimulate and make ready the opening of the other. In most instances that we have perceived, as one opens, the other readies it-

self in an upward movement. And therefore, the movement to the crown chakra seems or gives the appearance of being nearly automatic. See?

But to bring you back to, “What in the world are they telling us now?”...this is the answer to that question, if it crossed your mind. Rick reciprocates to Dianne. See? The feminine is the invitation. Rick responds and gives the answer. The coming together of those two individual mantras as they hear them in themselves...take as much time as is needed to do this. You could have a full hour Earth time of silence between the given sound and the answering sound. Think nothing of it. See?

Then, as Dianne receives this, she would replicate her mantra again, and Rick would immediately follow. In the time which follows this, both should feel some sympathetic resonance. That’s what we were speaking of. That resonance and pattern you should feel free to exchange, mentally, spiritually, and vocally, and modify it as you are working on it. We’ll try this. We’re not sure how it will come out there through the Channel, but we’ll put the thought form in and see what sound comes out.

Supposing that Dianne said to Rick “Loo-eee” and Rick allows himself to resonate and comes back with “Mat-tee” and Dianne immediately responds “Loo-eee Mat-tee”. See the answer? And then let yourselves carry, as you know to do, to find, as Rick defined, the answering sound. And in this way you can find that key which opens the third eye. See? Simple, isn’t it?

KENDALL: So, are you saying that Rick listens for the sounds, like he gets in meditations, they change, and that’s the sound that will open the spiritual eye?

LAMA SING: They both turn inward. They may use their own favorite mantra to turn inward. Dianne, upon turning inward ... well, we are told here it’s not mandatory that Dianne be first. If you’re not comfortable, then don’t force it. But we found it that the feminine offers, makes the invitation to the male. See? Speaking in terms of energy now, see? And Rick then, following his own favorite mantra, hears her inner-generated invitation. Rick listens and hears his response and gives it verbally. When Dianne hears this, which may take a period of one hour, as we gave it, she then replicates her first inspired mantra back again a second time, and Rick immediately responds. Where the two mantras come together...and yes, you could both say each of yours aloud simultaneously, if you wish. But the sounds will create, and you may need to go inward and replicate the mantras, each of you, inwardly. But you will find that this will produce a by-product mantra, a sound very sacred, which can open the third eye. That’s all we’re saying. It’s very simple, see?

DIANNE: Yes.

LAMA SING: Try it, and come back with questions if you have them. We doubt that you’ll have too many, but if you do, we welcome them.

RICK: Thank you.

JOCHEN: I have a question regarding speaking in tongues. Does this in any way relate to all this sacred sounds? And I don’t even know what it is in the first place.

LAMA SING: Speaking in tongues is defined here in several forms and in several religious beliefs and/or doctrines. In one, it is defined as the vocalization of a state of ecstasy achieved through intensity or intense focus of spiritual energy. In another, it ap-

proaches the transformation of an entity in the current life to a shadow or carryover from a past life, and the end result is a seemingly unintelligible composite language or sound structure which is, in part, the old language and, in part, the current language. A third here is defined as literally becoming a channel for a past life or a discarnate entity or some spiritual force which can produce a language which is not native to the entity uttering same but is a valid language of the Earth. Is that sufficient?

JOCHEN: Isn't there, like, another version where it relates to the sound of the angels? I've heard that before, so I'm asking. Is there...maybe it's not very common in this context of speaking in tongues...but is there something else that relates more to sacred sounds?

LAMA SING: If you are referring to speaking in tongues, then we find here no reference given at the moment which would be, by our interpretation, the language of the angels. When the angels speak, we can tell you with no question we understand them clearly, for they usually speak with authority. See? And their word is clear. When the angels speak to you, they will speak and you will hear in your own language, and you will understand, even though they speak in all tongues simultaneously. Is that what you meant?

JOCHEN: Probably. Ann?

ANN: Mm-hmm. Yes.

JOCHEN: Thank you.

LAMA SING: You are welcome.

KENDALL: Lama Sing, there are some who would say you should not share your mantra, your personal mantra. Do you have any comments on this, please?

LAMA SING: To whom would you share same?

KENDALL: A spouse, maybe? A friend?

LAMA SING: We would find the guideline given here as follows. To uphold the sacredness of your mantra or sacred sound, give same to no one who is less in their spiritual intent and their spiritual acceptance than yourself. If you do, you risk the diminishment of the power and potential that that would have held for you. If you give it to someone who is, quote, "much higher", end quote, in spiritual consciousness than yourself, they can literally pour power downhill to you. Giving you that verbal picture. It's not literal, but it's a good picture. See?

KENDALL: That's interesting. Thank you.

LAMA SING: You are welcome. Jochen.

JOCHEN: Yes?

LAMA SING: In the Master's walks in the Earth, He focused upon sound as a part of healing. And so, this work, as you are perceiving it, is not too distant from your own. When you are doing your healing works, and all of you, for that matter, you should feel energy and vibration. Jochen, you are ... we have your name quite well now, don't we? (Group laughter)

JOCHEN: Good news. Almost perfect. Or past perfect, even. (Group laughter)

LAMA SING: That is well. As you work now, you are familiar with the energy which is transferred between yourself and the subject. True?

JOCHEN: Right.

LAMA SING: And this often is detected as a resonance, a heat, most familiar to you, or a tingling or a sensation which is unique to that particular entity or that particular work. Is that approximately true?

JOCHEN: Yes.

LAMA SING: Do you feel resonance within yourself? Do you feel a vibration or an energy within yourself?

JOCHEN: Oh, sure do, yes.

LAMA SING: Where do you feel this?

JOCHEN: It's different. Often it is in this area, broadly speaking, near the heart.

LAMA SING: Do you ever feel it in your feet?

JOCHEN: In the feet? Hmm...I can't remember it.

LAMA SING: Do you ever feel it in your nose?

JOCHEN: Yes. In...not in the nose but on the nose. Yeah.

LAMA SING: Do you feel it on your elbows? On your knees? In your legs?

JOCHEN: Yeah, there were times I felt it in the legs.

LAMA SING: Well, we are leading you down a path with just a whit of humor, but with a meaningful note, hopefully, that will please you at the end of the path. The point is this. You are a complete instrument, Jochen. You are not just a partial instrument. It is not true that you can only do this or only do that. That is your limitation. That is not the Master's intended gift to you. If you believe you are limited, then you are. But if you believe you are unlimited, then you are capable of receiving help to grow to that unlimited potential.

And the purpose of this commentary to you is from the Master, for He to say to you that He will always work with you, if you ask, and He will always serve at your side whenever the appropriate request is given. But He wishes for you to know that you are in no way limited. If you find the focus of energy in your heart, in your head, in your feet, in your nose, then that tells you something. Look at that for a time. Study it, hold it, and think of this as no different than the quest that Rick and Dianne and Kendall and Ann and all others are upon, as well. You only see yourselves as separate. It is not. What you feel is energy expressed. What Rick and Dianne are working on is the creation of that energy, and more. So there is a connection. It is good for you to have your mantra. It is good for the Channel to have his. And it is good for Rick and Dianne to give these to you. See?

JOCHEN: Thank you. One more question...is that to mean that I would think of also working with sound in sessions with people in one form or another?

LAMA SING: Well, may we ask you a question?

JOCHEN: Please. Please, go ahead.

LAMA SING: Is there some reason why you would not work with sound if you felt it would help?

JOCHEN: Well, I hadn't thought of that so far.

LAMA SING: The point is, why would you limit yourself? You love sound.

JOCHEN: I do.

LAMA SING: You have it around you at all times, practically.

JOCHEN: Mm-hmm.

LAMA SING: And you use it in many ways in your healing work. And if you feel that you should state a sound at some point, a soft “ohmmmm” or some such.

JOCHEN: Yes.

LAMA SING: Or “Eye-elll” (phonetic) or some such.

JOCHEN: Uh-huh.

LAMA SING: Why would you not give it?

JOCHEN: Yes, thank you for your encouragement. This is good.

LAMA SING: It is from the Master.

DIANNE: Wow!

KENDALL: Lama Sing, when you just intoned “Eye-elll”, what would that mean in the Earth plane?

LAMA SING: To us, this is a name of God and would be used for those who would have needs mental, emotional, for it deals with the head and the upper centers. Here we would use it as a sacred sound that would free entities from limitations created by thought-forms. Since this is not a realm...that is, the one we are currently communicating to you from is not a realm which is precipitated in physical form as you know form...the answer would be definitely different for your realm. Probably meaning something such as something to God, like servant to God, or son of God or daughter of God. See? Something which is close to and of God. See? Eye-elll. See?

KENDALL: I didn't quite understand how this...where you said this opened the upper chakras. You must not have meant that that pertained to the Earth plane, then.

LAMA SING: Well, it could, but not the physical. See, it would affect, perhaps, in the Earth, spiritual, mental, and maybe some emotive energy.

KENDALL: Oh. Are you saying, then, that as Jochen is doing a healing, if one of these mantras comes to him, that it may have a purely emotional effect or mental effect, and you're distinguishing that from a physical effect?

LAMA SING: Yes, that is correct.

KENDALL: Okay. May I give you some of the mantras that Dianne gave today and see what you say about their resonance?

LAMA SING: You do not have to give them, unless you wish to. We heard them. (Group laughter)

KENDALL: Okay.

LAMA SING: And we have already stated that we find them valid, but if you wish to explore them this is acceptable.

KENDALL: Well, I was looking for...trying to, once again, catch the feeling of how a sound is interpreted. And the answer may be, use yourself as a resonator and feel where it is. But what if I said, “A-shee-na-ma...A-shee-na-ma”. Where would you perceive that as resonating?

LAMA SING: Where would we perceive this? Is this the question?

KENDALL: I think so. Oh ...

LAMA SING: We certainly hope that we will have greater faith in the answer than you do in the question. (Group laughter)

KENDALL: I guess what I'm asking is, at what level or where or how does this, and all of the above, does this mantram work?

LAMA SING: Very well. Easily answered. It works upon you, first, spiritually. Then, as you apply it, it resonates to the mental. Then to the emotive body. Then impacting the chakras. Then the neurological system. Then the glandular. Then the cellular level. Then the skeletal. In that order.

KENDALL: Are you saying, then, that we really can't correlate the sounds, the specific sounds, of any mantram with any specific effect on the body, that it has to be sensed with a given individual?

LAMA SING: Hmm. Curious question. The question seems to indicate that you are looking at this as a cure-all, a fix-it, a prescription. Is that true?

KENDALL: No, it comes from...I don't perceive that. It comes from having the impression that in the Eastern teachings each chakra has a sound assigned to it. And that sounds too rigid at this point, but I'm wondering if there is any truth in that, or if it is really fluid and there is no fixed sound for any given effect on a body.

LAMA SING: Well, we wish to correct this, for we have given something that has distorted certain ancient truths. There are fixed sounds to the chakras. They are perfect. They are so perfect that they exist very seldom. The masters strive to attain that perfection. That is the perfect resonance of the chakra. But most entities in the Earth don't have that perfect resonance, and so the sound can migrate up, down, sideways, see? from the perfect nature. The example here is that to attain perfect harmony in the chakras you would ascend, yourself, spiritually. That, perhaps, confused you more than helped you.

The chakras are stepping-stones. We referred to them as the seven golden steps to the kingdom of our Father. These are perfectly toned. But, we do not believe that the Eastern teaches that they are one tone and one tone only. They are perfectly pitched to one another. That is how we see them. See? You'd better ask questions on this, or you'll have a sleepless night. (Chuckling)

KENDALL: Can you give ... let me ask a different question. Is it worth, then, meditating specifically on each chakra? I've come to think of that as being too limited, but maybe it should be done until one has the feeling that each one is perfect and in harmony.

LAMA SING: What did your Eastern teachers tell you?

KENDALL: I don't know. No, they've spent a lot of time...some spent a lot of time working on each chakra.

LAMA SING: Why do they do this?

KENDALL: At this point, I would think that it is to create the perfect sounding board in the Earth, but I don't know.

LAMA SING: Have any of you an answer as to why this is done?

RICK: To clean the chakra, to purify it.

ANN: And balance.

LAMA SING: But they all, these Eastern practitioners, they do not all focus upon the same chakra and clean it?

KENDALL: Some focus a lot on a spiritual eye, some focus on the heart. I think some focus on all of them.

LAMA SING: So, then, what you are telling us is that among these great and honored Eastern practitioners and teachers, each of them focuses upon different energy centers or chakras for different purposes?

KENDALL: Yes, I think that's true.

LAMA SING: Then how can they also say there is only one sound for each chakra? Do you not see the conflict?

KENDALL: I'm not saying what's true and what's not true. It easily could be different sounds...say, my solar plexus may have a different sound from Rick's solar plexus and Jochen's solar plexus...but I'm wondering whether it can even be delineated that way? Maybe they change all the time.

LAMA SING: Well, this was our point, and only our point. Not to criticize anyone, but to point out that in order to have some guidance, some direction on a path, often points of demarcation are established for reference. And originally the very wise master who establishes these reference points defines them to their chela, saying, "These are reference points to guide you along the way." And those chela become masters and they teach, and their chelas become masters and they teach, down through generation upon generation until, twenty generations later, the teaching is, "This is the way you must follow, and these are the points you must find." See?

DIANNE: Yes.

LAMA SING: Now, no longer stated as reference points to lovingly help you on your path. They are now mandated. See? That is the answer to your question. And that is the answer to the changes, dear friends Rick and Dianne, that you are contemplating, isn't it?

DIANNE: Yes.

LAMA SING: You are going back to truth, and that is not the fault of any teaching, and/or the fault of any entity or entities. It is that one loves and endears that which works for them. In the zealously of the love and joy attained for one, they strive to offer that to others. But it is not necessarily that that precise path is precisely right for the next entity, for they are unique. See?

DIANNE: Mm-hmm.

KENDALL: Lama Sing, if mantras can be done with sound, can they be done with light? Can one see an inner pattern of lights and consider that their visual mantra?

LAMA SING: Well, if you ask the entities practicing this who are there with you, they will tell you that the mantra is followed, ultimately, by light and other energies and essences which are detected through feelings, hearing, knowing, tasting, smelling. And so, it is difficult to say that the sound begets the light, and the light begets the smell, and so forth. For they always were. See? These sacred sounds are there right now, in your group. They are all about you. If you, entity Rick, close your eyes and reach out, you'll touch one. And you can emulate it. If the entity Dianne opens herself totally, being in the feminine body, she can be the recipient of the effect, the residual effect of that sound, and

then repeat it. It's a simple matter. That's what she did for those three earlier in this day. See?

JOCHEN: Could we make "Maranatha" or some similar sound...could it be used as a mantra, like I think it was said by the Disciples of Jesus and the followers there, and it meant like "Master, come soon", if I remember correctly? (Correct pronunciation is Ma-Ra-Na-Ta, the "H" is silent.)

LAMA SING: Yes, this could be used as a mantra.

JOCHEN: Could you give it, like, the correct sound?

LAMA SING: We cannot from here. It would not come through. It would not come through the body of the Channel in its correct form. We cannot replicate your sound here, literally, for we do not have the vocal apparati to create a sound. The sounds we attempt to create through the Channel into the Earth are quite crude. No reflection upon he, of course, but our creation of sound does not begin at the very low vibratory level of the vocal expression. Ask Dianne, for example, what happens when her sound is gone and she is still moving and following the light? That's where our sound begins. See? Is that clear?

JOCHEN: Yes, thank you. Or perhaps what I suggested is something for me to use, more than for, maybe, others?

LAMA SING: Did you meditate upon this?

JOCHEN: Not yet. It just came to me right now.

LAMA SING: We would encourage you to meditate upon it, and the fact that it just came to you should be an affirmation to you. Do you not know that when we gather...those who love you gather? Do you not know at this moment that standing near each of you are those who walk with you? Upon your shoulders, each of them, Jochen, rests a hand of a worker from these realms. See?

KENDALL: Lama Sing, do you have anything in general to tell us at this time? That last comment was very interesting. It feels as if we may be bogging down in this subject, unless anyone has any other comments?

RICK: I just would like to thank Lama Sing and everyone, and I'm sure Diane does, too. It's like...a great part of my life has been searching for this moment, and ... and for you to be here at this point in time to stimulate this is just more than I can express.

DIANNE: A dream come true.

RICK: Thank you.

LAMA SING: We accept your gratitude in the name of God, for we are here to serve in His name unto each of you as our brothers and sisters who are on journeys, on missions of service and growth. And so, we welcome your gratitude and extend to you in return our gratitude and profound honor that you have permitted us to be with you and to encourage and support you as a brother to a brother, as a sister to a sister.

You do not know, except for a brief moment here and there, what love is when you are in these realms. You have been here, you have experienced it, you know it well. And you will return. Of this, we have no doubt. But in the Earth, love is conditioned, it is constrained, it is filtered, et cetera and so forth. But you, as you reach out with energy... whether it's through Jochen's hands as he tries to see them as the hands of the one he

loves so dearly, the Master, The Christ...or Ann in the heart of hearts which she shares daily unto the needs of others...or Kendall, as he endures hardships and prolongs his energy to serve the immediate need of one whose body is dis-eased or injured. All of this is an expression of the true potential of love that is within you. And as you move beyond the finite into the sacred sound and into the energies that the other three, and particularly you, Jochen, when you are doing that work, these are energies that are yours to command. The sacred sound gives you keys of understanding. These can elevate you. These should free you. Not limit, not bind. See?

God's gifts are freely given. God's wishes for you are unlimited. Yours is the choice. Yours is the decision. Whether Kendall decides in the moment that he shall give a gift of inner light and tone, or create a mantra within and then give the pharmaceutical or what-not. Or Ann would give a moment to herself inwardly to express an energy that she knows is needed, whether through sound, color, light, or what-not, and then give what she knows from the intellectual and from the heart. And Jochen, when he discovers an imbalance and something, somewhere within him, says, "Say something like this," and he states a tone gently, perhaps not even heard by the patient, but no less effective.

As you now look to your dream, entities Rick and Dianne, never think of it as a burden. Never think of it as a mandate. Think of it as the discovery, joyful discovery, of the keys which have always been yours. And as you find them, share them. Use them to the needs of others. See them grow in their joy as you discover their sounds, as you see their need for varying sounds change and shift. As the cloak of God shifts in its color and light, so will your guidance guide you to the needs of others. Be of a faith, be of a surety, and all things can be wrought through your faith. See?

We are prepared to conclude here, and so doing, would wish unto each of you the uttermost joys of your heart, the unlimited nature of a quest which is joyful, and the gift of abundance of service, the joy of seeing the need and the wonder of feeling the energy rising within to fill that need, and to know in that instant, "Yes, I, Kendall, am worthy unto this task." "Yes, I, Dianne, can resonate and be guided by the greatest of all within me and be one with this and give them that tone, that sequence, that mantra they need." And unto the entity Rick, find the light, find the answer and the next key, and elevate self that thee can share that elevation unto thy mate and thy mate to thee, and both of you to others, that you can see the answer to the needs of others and share it and work together. And Ann, in the guidance in each thing. And Kendall's mate, to guide thee and thee to guide together unto the needs before thee. And Jochen, he who loves God's son, called Jesus, and whom Jesus loves, as well. Be of ever the faithful heart, and He will not fail thee. He will stand with thee, as do Samuel and the others, and stout shall be the staff upon which you lean, and golden shall be the path unto which you are guided. And your works and His works shall bear the same name...Selah, holy unto God. See?

We are through here for the present. May the grace and blessings of our Father's wisdom ever be that lamp to guide your footsteps.

Fare thee well for the present, dear friends. Om Shanti.



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**SPECIAL NOTICE:** This material has been prepared specifically for use as research information only. In readings where such is pertinent, application of the material should be attempted only under the guidance of an appropriately accredited practitioner.

### Editor's Notes for the Lama Sing Readings:

Lama Sing's use of words such as *ye, thee, whom, we, they, he* is often contrary to conventional, but the meaning will be clear. With two opposite views as to how to present Lama Sing – those who feel the grammar should be corrected, and those who find it endearing – it has been decided to keep the text verbatim.

Even though the name *Lama Sing* has been assigned to these readings, there is actually always a group involved. Depending upon the topic, sometimes the number is massive, and sometimes it is a handful; sometimes they are speaking to a group, and sometimes to an individual they know will one day get the message – in essence, speaking to one and all, as well as to only one and only all... curious, but true. Throughout the reading, they defer to one another just as we do when in a group discussion. This information may be of value as you read, so you don't stumble when they sometimes change, even in a single paragraph, from an archaic form of speech to a more modern one, or from the singular to the plural.

The name *Channel* is used by Lama Sing in place of *Al*, because to use the name *Al* would essentially serve to call him from that consciousness to which he is taken that prevents his personal involvement and influence in what is given in the reading. There is only one known occasion in which Lama Sing used *Al*'s given name; the reason given was that the depth of his channeled state was being tested.

When referring to life on Earth, Lama Sing uses the term *in the Earth*. This is because Lama Sing is referring to living within the consciousness of Earth, finite experience, rather than *on* the consciousness of Earth and that expression.

There are places where Lama Sing emphasizes a thought by speaking the words *quote/end-quote*. To let the reader know that those emphases are Lama Sing's, as opposed to the transcriber's, the words *quote/end-quote* have been left in the transcript along with the quotation marks themselves.

The word *dis-ease* is used by Lama Sing to mean, not only illness and such, but "*first and foremost, a lack of ease in spirit, mind, and/or emotion, which are then precipitated into the physical body.*" – Lama Sing